

VISIT...

LANZAROTE
Caliente.COM

HELP YOURSELF

WORDS AND MUSIC BY AMY WINEHOUSE, JIMMY HOGARTH,
FREDERICK JAMES AND LARRY STOCK

♩ = 92



N.C.



The piano introduction consists of four measures in 4/4 time. The right hand plays a series of chords: Amaj7, F#m7, Bm9, Bm7/E, Amaj7, F#m7, Bm9, and E7b9(6). The left hand plays a simple bass line with eighth and quarter notes.



N.C.



N.C.



N.C.



N.C.

The first verse of the song is written in 4/4 time. The vocal melody is in the treble clef, and the piano accompaniment is in the bass clef. The lyrics are: 1. When I walk in your shoes I un-der-stand a man con-fused. They 2. You got a degree in phil-o-so-phy. So you think you're cle-ver-er than me. But



N.C.



N.C.



N.C.



N.C.

The second verse of the song is written in 4/4 time. The vocal melody is in the treble clef, and the piano accompaniment is in the bass clef. The lyrics are: much too big, but I don't care I feel the weight your shoul-ders bear. I'm not just some dra-ma queen. 'Cause it's where you at not where you been.

© 2002 EMI MUSIC PUBLISHING LTD, DALMATION SONGS LTD,
MUTUAL-MUSIC INC AND CHAPPELL MUSIC INC, USA

EMI MUSIC PUBLISHING LTD, LONDON WC2H 0QY, BM6 MUSIC PUBLISHING LTD, LONDON SW6 3JW
AND WARNER/CHAPPELL MUSIC LTD, LONDON W6 8BS

[THIS SONG CONTAINS A SAMPLE FROM "YOU WON'T BE SATISFIED (UNTIL YOU BREAK MY HEART)"
BY JAMES & STOCK © WARNER/CHAPPELL MUSIC LTD, LONDON W6 8BS]



Now I real - ly em - pa - thise look - ing through your blood - shot eyes. And
 What do you ex - pect from me, to hold your head a - bove the sea and



I know you car - ry you. you so frus - tra - ted. But we all be - come what we once hat - ed. Be - sides,
 ev en though you big - ger? Don't you know you crush my ti - ny fig - ure? And



any - way no - bo - dy can be that wise.
 we're still so young and this isn't yesterday.



I can't help you_ if_ you won't help your - self. _

No



I can't help you_ if_ you don't help your - self. _



You can on - ly_ get_ so much_ from some - one else. _



I can't help you_ if_ you won't help your - self. _

Dmaj7



D#dim7



A



E7/G#



F#7



You might be - ty five, - but in my mind

I see you as six - teen years old most - the time.

And

Dmaj7



D#dim7



Bm7



E7



I, I'm just a child

and you're full grown,

and you are like no-thing that I've ev - er known.

Amaj7



F#m7



Bm9



Bm7/E



Amaj7



F#m7



Bm9



E7b9(6)



You are like no-thing that I ev - er known. —

Repeat to fade

Amaj7



F#m7



N.C.

Bm9



Bm7/E



Amaj7



F#m7



N.C.

Bm9



E7b9(6)

